

# Study Abroad/Away

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## HEALTH OR DISABILITY CONSIDERATIONS

The Office of Study Abroad is committed to supporting all students to have the opportunity to study abroad or study away. Here are some resources to assist with planning a successful program with your health considerations in mind.

### **Tips for Students with Disabilities, Accommodations, and/or Health Concerns:**

- If you have approved accommodations through the Center for Academic Success, request a letter of eligibility so you can provide it to the Program.
- Let the Office of Study Abroad/Program know so that they can assist you with your accommodations plans.
- Research programs, locations and attitudes in advance, as many accommodations that are common in the U.S. are not available or the same as you may be accustomed to.
- Consider program and classroom facilities, housing, transportation, program excursions, medications, academic accommodations, food or supplies that may be needed.

### **Health Considerations:**

- Talk with your current health care provider and/or counselor about your study abroad or study away plans.
- Make sure your medications are legal in your host country and that you can bring enough medication to last the entire time abroad. Take a copy of your prescription(s) in case you need to get a refill.
- Consider food and environmental allergies, special diets, and the local food customs and availability.

## MENTAL HEALTH TIPS

- **Plan** - Talk with your counselor about strategies.
- **Be aware** - A new environment can cause stress.
- **Take care of your body** - Eat healthy, drink plenty of water, get enough rest, and exercise.
- **Stay connected with your support network**
- **Journal**
- **Take medication as prescribed** - Be aware of possible interactions with alcohol.
- **Reach out and ask for help** - There are local resources, and your program can connect you.

## RESOURCES

- [Mobility International](#)
- [Generali Global Assistance](#) (country information available when you sign up)
- [Culture and Diversity Destination Guides](#)
- [Travelers with Special Considerations](#)
- [Food and Drug allergies, Special Diets](#)
- [Students with disabilities abroad](#)
- [Traveling with a guide dog or service animal](#)

OFFICE OF STUDY ABROAD & INTERNATIONAL STUDENT SERVICES

[studyabroad@southwestern.edu](mailto:studyabroad@southwestern.edu) • 512.863.1857



SOUTHWESTERN UNIVERSITY